

The power of **BREAKING DOWN** *stigma* begins with a **SINGLE STORY.**

Share your story. Speak up for mental health.

Virginia Department of Behavioral Health and Developmental Services
2014 Media Contest to Promote

National Minority Mental Health Awareness Month

The US House of Representatives proclaimed July as Bebe Moore Campbell National Minority Mental Health Awareness Month in 2008, aiming to improve access to mental health treatment and services for multicultural communities through increased public awareness.

How to participate: During the months of July through September 2014, participate in, host, and/or sponsor an activity or product for youth or adults that promotes awareness of mental illness prevention, treatment, or research in diverse communities. Share this activity or product through pictures, presentations, or video. This contest is open to any group and/or organization interested in positive mental health messages in the state of Virginia. **Entry deadline is September 15, 2014.**

Only media projects portraying mental illness awareness, prevention, treatment, recovery, or research relevant to diverse communities will be considered. Submissions may be considered in youth and adult categories. Winning entries will be announced during Mental Illness Awareness Week and recognized at a luncheon in October 2014. Winning entries are subject to public distribution and will be displayed and recognized throughout the state of Virginia.

Submit entries to:

Cecily Rodriguez, Office of Cultural and Linguistic Competence
Virginia Department of Behavioral Health and Developmental Services
1220 Bank Street / P.O. Box 1797
Richmond, Virginia 23218-1797
cecily.rodriguez@dbhds.virginia.gov
Media entries should be in mp4 format.